

ASK THE RABBI

Question: Is it true that there are things we aren't allowed to talk about on Shabbat?

Answer: Our Sages wanted to ensure that Shabbat would be a day that was not only special in that we didn't go to work, but that all aspects of the day would be unique. The uniqueness of Shabbat is in the purpose for what it is set aside for. The purpose of Shabbat is to be a day where we have no outside distractions, and can concentrate fully on our relationship with Hashem. For some that means davening longer, learning more Torah, or having meaningful discussions with our family.

When discussing matters pertaining to the week, whether it be business, travel plans, or investment advice, we find ourselves distracted from our goal of developing that relationship with Hashem. To ensure that the days retains its uniqueness, Our Sages enacted limits on those areas of speech that would distract us from growing.